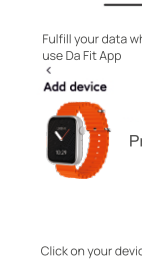- Long Press the button on your smart watch for 3-5 seconds to power-on
- Turn on the Bluetooth icons on your phone
- Open the Da Fit App on your mobile phone and fills your personal details on the App
- Search for Pro M on the app
- Click and paired Pro M Successfully.
- Android system, select Google Play to download and install Da Fit App. Or Scan QR Code to download.

Note : Your mobile phone must support android 5.0 ios IOS 8.0 or above.

Da Fit

Download App from Watch QR Code

Download Da Fit App in smartphone
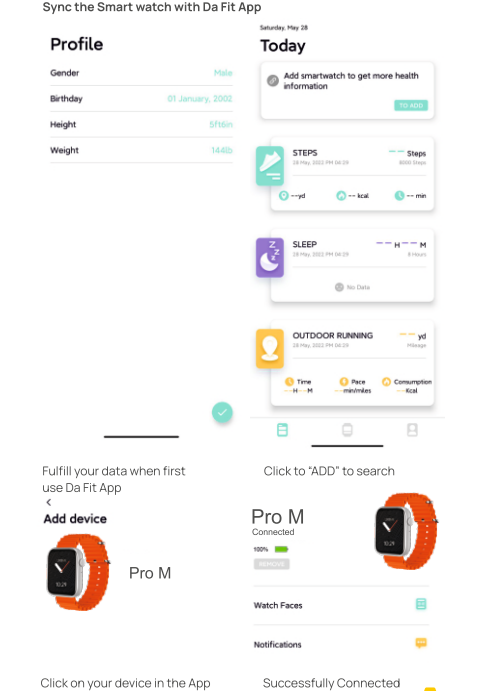
Sync the Smart watch with Da Fit App

Profile
Gender / Birthday / Height / Weight

Today
Add smartwatch to get more health information

Fulfil your data when first use Da Fit App

Add device — Pro M

Click on your device to Pair

Successfully Connected

If watch is connected with App successfully, the Bluetooth icon in control centre will light up.
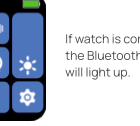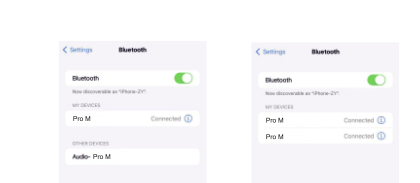
Bluetooth Calling

How to connect

Step 1 : After connecting the watch to the Da Fit App, you need to go to the Bluetooth settings of the phone and pair the watch with your phone and pair the watch with your phone for Bluetooth calling function and phone music function

Due to different systems of iOS phone and Android phone so the Bluetooth connection for iOS and Android is different as well. Please check the following steps for iOS and Android based on the system of your phone.
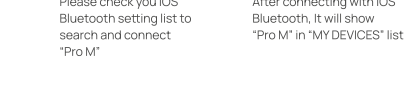
For iOS

Please check you iOS Bluetooth setting list to search and connect "Pro M"
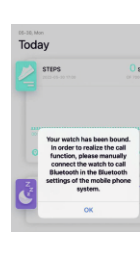
After connecting with App, it will remind you to connect phone BT call function by connecting mobile phone Bluetooth in phone setting menu.

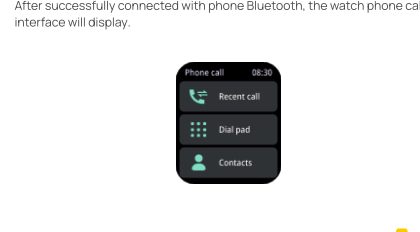After successfully connected with phone Bluetooth, the watch phone call interface will display.

For Android

If the watch connected with App successfully, App will display "Pair with Audio - Pro M" Please Pair it

After click to pair, then you will see the device name "Audio Pro M" in phone Bluetooth list

If you can not connect with phone Bluetooth, please check as below.

Note
Checking the setting list to make sure "Phone" is on.
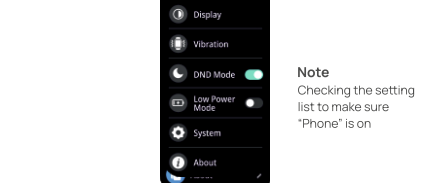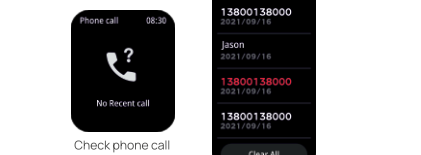
Then try to connect with phone Bluetooth as above steps.
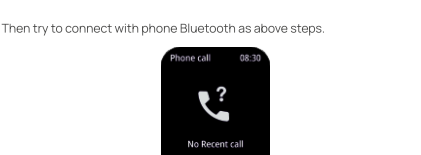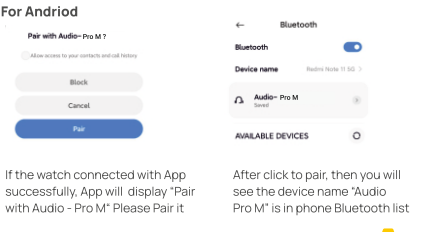
Step 2 : Go back to the watch and enter phone call interface to make phone calls, check records and interface contacts (Please keep the music player is in "Play Phone Music" mode to ensure Bluetooth is connecting with watch , when you see Bluetooth calling function).
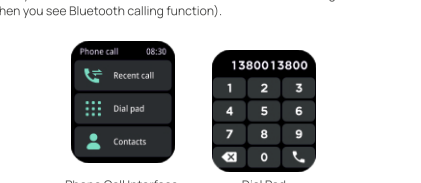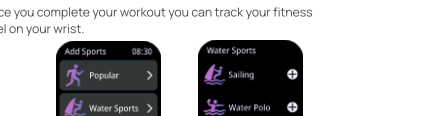
Phone Call Interface

Check phone call records

Set phone contacts via App

Dial Pad
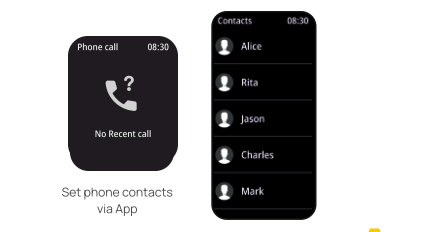
Call Records

Phone contacts in watch

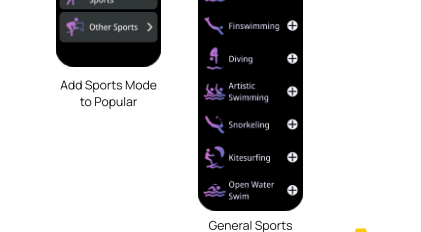Add Sports Mode to Popular

107 Sports Mode

- Swipe left on your smart watch to enter the exercise feature.
- Scroll left on your smart watch to see 70+ sports mode
- If you want to add the other fitness activities click the (+) icon on your smart watch to add the sports mode you want
- Once you complete your workout you can track your fitness level on your wrist.
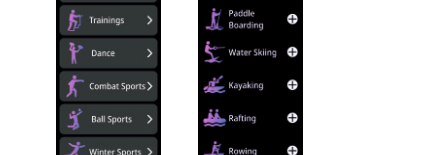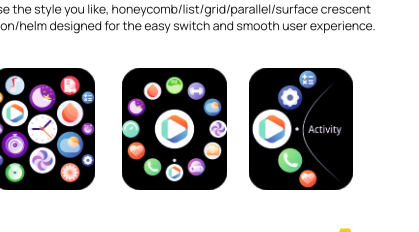
General Sports Mode

Inbuilt Watch Face

- Press the screen for 3 seconds at the main interface or tap watch face function interface to enter in to watch faces in suit for your selection
- You can download the watch face to watch and DIY watch face from App

2 Menu Style
- Choose the style you like, honeycomb list/grid/parallel/surface crescent fullmoon/helm designed for the easy switch and smooth user experience.
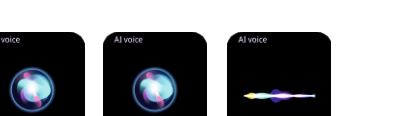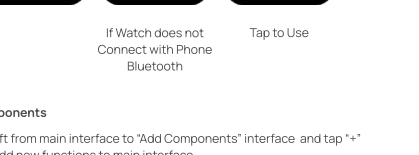
Voice Assistant

- Swipe 3 times towards right to enter the AI Voice Assistance feature on your smart watch
- Just Connect your smart watch with your smart phone to get the works done easier by communicating with your smart watch.

If Watch does not Connect with Phone Bluetooth

Tap to Use

Add Components
- Swipe left from main interface to "Add Components" interface and tap "+" icon to add new functions to main interface.

Rotating Crown Functions

Up Button
- Function Button - To enter into all functions interface directly Long press the up button for 05 seconds to enter into sport's mode.
- Rotate Button - Up button with rotate function to select.

Charging
- Charge your Pro M for 2 hours before using Just Charge your Pro M with the help of magnetic charging dock which is available in the box
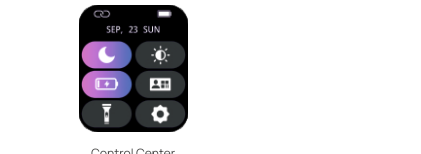- Use only 5V/2A Adapter for charging purpose.

Control Center
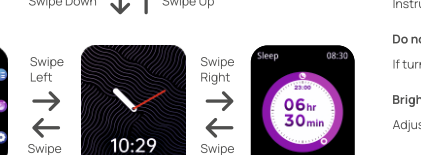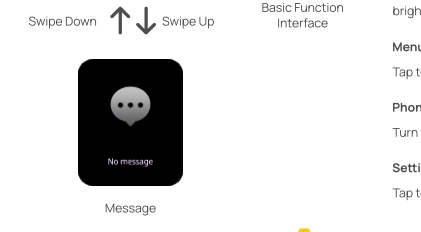
Swipe down to view watch control center

Control Center — Swipe Down ... Swipe Up

Function Navigation

- This screen can be navigated by swiping left / right or swiping up/down.
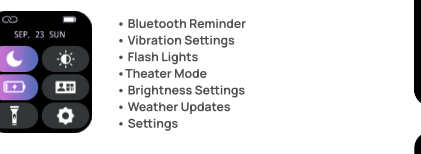
• Bluetooth Reminder
• Vibration Settings
• Flash Lights
• Theater Mode
• Brightness Settings
• Weather Updates
• Settings

Main Inter Face

Bluetooth Reminder
Instruct the Bluetooth connection status

Do not disturb
If turn on, phone calls and notifications will silent.

Brightness Settings
Adjust the brightness of the screen

Power Save Mode
If turn on, vibrations and quick view will be turned off, and brightness will be turned down.

Menu Style Setting
To enter into menu style selections

Phone Call Mode
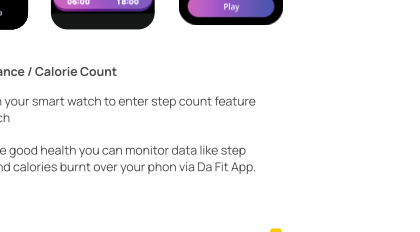Turn to enable watch can connect with phone Bluetooth

Setting
Tap to enter into setting center
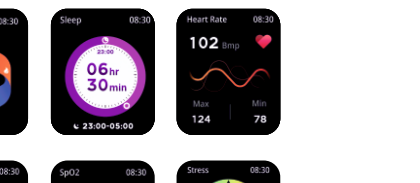
Steps Count / Distance / Calorie Count
- Just swipe right on your smart watch to enter step count feature on your smart watch
- To track and ensure good health you can monitor data like step count, distance, and calories burnt over your smart watch via Da Fit App.

Hot Key

Message

Up Button

Basic Function interface

Swipe Left / Swipe Right — Swipe Up

Heart Rate

- Swipe three times right on your smart watch to enter the heart rate feature on your smart watch
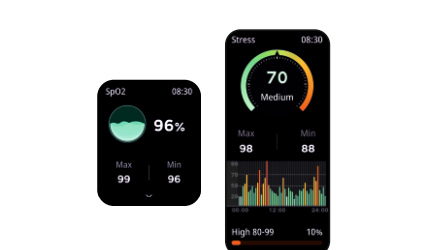- Wait for 5 to 10 seconds to get the detailed analysis of your heart rate.

Blood Pressure

- Swipe four times towards right on your smart watch to enter the blood pressure feature
- Wait for 5 to 10 seconds to get the detailed analysis of your blood pressure.

Sleep Monitor

- Swipe twice towards right on your Pro M smart watch to enter the sleep monitor feature on the smart watch
- To track your data i.e. light sleep, & deep sleep analysis and number of hours you slept etc.

SPO2

- Swipe five times towards right to enter the Spo2 feature on your smart watch
- Wait for 5 to 10 seconds to get the detailed analysis of your blood oxygen.

Weather Forecast

- Swipe 6 times towards right to enter the Weather Updates feature on your smart watch
- Just connect your smart watch with your smart phone to get the weather updates for a week easier on your smart watch.

Inbuilt Games

- Add some fun to the monotonous life and play games happily as it comes with 2 inbuilt games

Main Functions

Breathing
- Enter into breathing to take breathing and relax.

Shutter

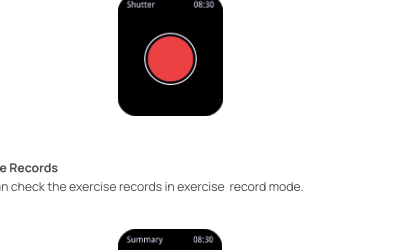- After watch connecting with App, Tap the shutter icon to remote control the camera of your phone to take photos.
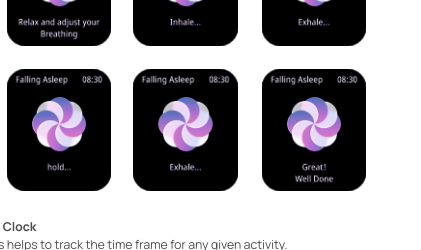
Exercise Records
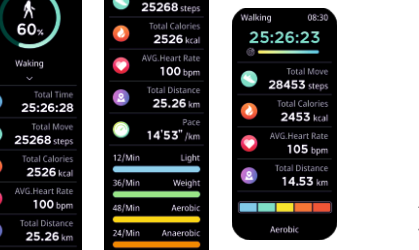- You can check the exercise records in exercise-record mode.

Stop Clock
- This helps to track the time frame for any given activity.

Alarm
- Set alarms and let your watch vibrate to remind you of the alarm.

Flash Light
- Never be scared in the dark again. The watch supports flash lights.

Physiological Cycle Reminder

- Don't mark always on the calendar the Pro M smartwatch will remind you the physiological cycle occasionally.

Timer
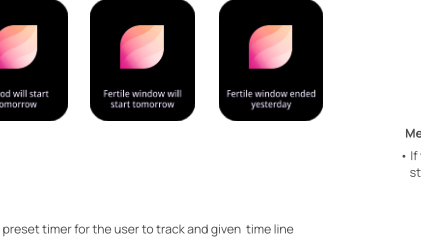- This sets a preset timer for the user to track and given time line
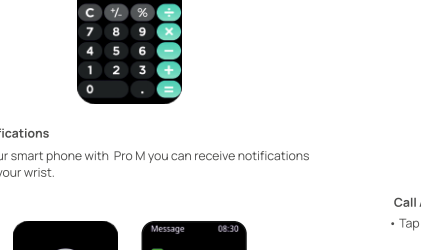
Calculator

- This new feature lets you access the calculator on the watch itself

Message Notifications
- If you sync your smart phone with Pro M you can receive notifications straight from your wrist

Settings

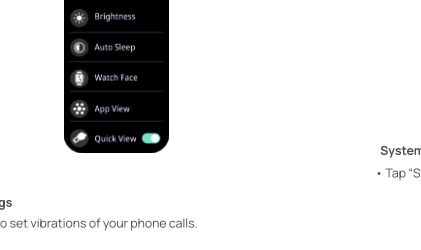- Swipe down from main interface to enter into control center and tap "Settings" icon to enter into setting list to set the watch system.

Display Settings

- Tap "Display" to enter and set display, Set Auto Sleep Time,Menu View Brightness, Watch Face.

Call Alert Settings
- Tap "Call Alert" to set vibrations of your phone calls.

Lower Power Mode Settings
- Tap "Lower Power Mode" to turn off the vibration, quick view and turn down the brightness.

Reset Settings

- Tap " Settings" On Pro M Smart watch to reset the Bluetooth connectivity.

System Settings
- Tap "System" to restart the watch, shut down or restart the data instantly.

About
- Tap "About" to check version and QR Code
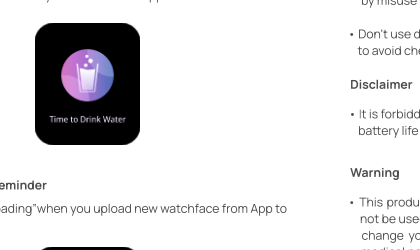
Watch Status Reminder

Drink Water Reminder
- If you set Drink Water Reminder function on Da Fit App watch will remind you to drink water based on what you set via Da Fit App.
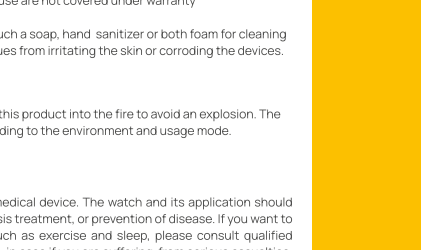
Watchface Loading Reminder
- Watch will display "Loading" when you upload new watchface from App to watch.

Watchface Loading Reminder
- Watch will display "Loading" when you upload new watchface from App to watch.

Tips

- Daily maintenance of the watch and precautions
- The watch is not resistant to erosive liquids such a seawater, acidic and alkaline solutions and chemical reagents. Damage or defects caused by misuse or improper use are not covered under warranty.
- Don't use detergents such a soap, hand sanitizer or bath foam for cleaning to avoid chemical residues from irritating the skin or corroding the devices.

Disclaimer
- It is forbidden to throw this product into the fire to avoid an explosion. The battery life varies according to the environment and usage mode.

Warning
- This product is not a medical device. The watch and its application should not be used for diagnosis treatment, or prevention of diseases. If you want to change your habits such as exercise and sleep, please consult qualified medical personnel first, in case if you are suffering from serious casualties. Our company reserves the right to modify and improve any of the function.

Precautions for charging the smart watch
- Avoid overbit charging
- Don't use fast charging technologies Use 5V 2A adapter only.
- Ending a charge at 80 - 90 % is better for the battery than topping up to completely full.